

*Free to be Me group  
Of Co-Dependents Anonymous  
Invites You  
To Join Us for a*

***Unity Day Gathering***  
*Saturday, October 21, 2023*

Calvary Baptist Church  
4601 W. Tilghman St  
Allentown, PA 18104

***“Living the Solution”***

Detailed study of the Twelve Promises\* - Cindy R.

Setting and Keeping Boundaries\* – Jon F.

Making your Inside match your Outside\* – Kathy H.

Providing and Receiving Feedback\* – Judy H.

Registration – 8:45 a.m.

Workshops # 1: 9:15 a.m.

Workshops # 2: 10:45 a.m.

Noon – Pizza and Salad Bar

12:30 p.m. – Speaker Meeting

Suggested Donation \$20

(Donate only as you can)

Questions/Directions : Jim V. 610-264-7046 or Amanda R. 610-762-6114

For Updates or Directions please visit <https://coda.org/calendar>

\*Please check website for workshop updates